



Blue Quartz
Connecting Safely to Your Spiritual Wisdom



Affirmation: 'I feel positive about growing older. I'm increasingly able to open my heart, reach out to others and express my creative, spiritual nature'

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.

Channeled Personal Attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is in the Spirit of Transformation blend:

Your Divine Blueprint – Live Soulfully:

<http://www.spiritoftransformation.com/transformationessences.htm#blueprint>

With acknowledgement and thanks to Crystal Herbs: bit.ly/quartzblue
where you may be able to order this as a single essence

N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.

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